

**PILOT Experiment • Inspection of SM Work Compartment Hull and TVIS**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:10		Daily planning conference ( <i>S-band</i> )
08:15–08:45	CDR	BRASLET questionnaire
08:45–11:15		PILOT: experiment ops
08:45–09:25	FE-1	Cleanup of DC-1 air ducts BД1 & BД2
09:25–10:05		Maintenance of COЖ
10:05–11:05		Physical exercise (TVIS)
11:05–11:10		Weekly maintenance of TVIS
11:10–12:40	CDR	Physical exercise (RED)
11:15–11:55		INTERACTIONS: initial ops
11:55–12:55		Physical exercise (VELO+Load Trainer-1 / day 2)
12:55–13:55		LUNCH
13:55–14:05	CDR	RSU IWIS de-install
13:55–14:40	FE-1	IWIS data download
14:05–15:35	CDR	SM Work Compartment (PO) hull inspection (behind panels 130, 134, 135 & 138). Inspection of TVIS
14:45–15:00	FE-1	Private medical conference ( <i>S-band</i> )
15:00–15:40		IMS file prep
15:35–15:50	CDR	Private medical conference ( <i>S-band</i> )
15:40–16:40	FE-1	Installation of new MEC software
15:50–15:55	CDR	Inspection of БРПК-1 separator
15:55–17:25		Physical exercise (TVIS-2)
16:40–17:10	FE-1	HRM software config
17:10–17:25		Food questionnaire
17:25–18:25		ISS familiarization
18:25–18:55		Daily plan review
18:55–19:10		Daily planning conference ( <i>S-band</i> )
19:10–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**NOTE:** See OSTP for references to US procedures

End of radiogram